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ABSTRACT

GRADES OR AGES: Grades 7-12. SUBJECT MATTER: Advanced swimming. ORGANIZATION AND PHYSICAL APPEARANCE: The first two sections of the guides are devoted to course guidelines, description, and broad goal statement. The next two sections list behavioral and skill objectives and course content. The fifth section presents learning activities and teaching procedures. There is also a five-item bibliography. OBJECTIVES AND ACTIVITIES: The objective of the course is to provide the student with additional knowledge of swimming strokes and miscellaneous water skills which will make him an advanced swimmer. Basic skills, observed skills, and safety objectives are listed, as are learning activities. INSTRUCTIONAL MATERIALS: STUDENT ASSESSMENT: Evaluation checklists are included. (HMD)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

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DADE COUNTY PUBLIC SCHOOLS

DIVISION OF INSTRUCTION • 1971

ADVANCED SWIMMING
PHASE II - ADVANCED SWIMMER

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PHYSICAL EDUCATION

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Written by

Dick Gutting

for the

DIVISION OF INSTRUCTION

Dade County Public Schools

Miami, Florida

SP008 249

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A. Student Classification: Coeducational
B. Grade Level: 7-12
C. Level of Performance: Advanced (Phase 2)
D. Suggested Prior Experiences: Swimmer Course or comparable ability
E. Subject Status: Elective
F. Length of Unit: 3-5 weeks

II. COURSE DESCRIPTION AND BROAD GOAL

A. Description

Junior High: 9.8416 (1) a,b,d,f,h,i,j
Senior High: 9.9420 (1) a,b,c,d

The objective of the Advanced Swimming Course is to provide the individual with additional strokes and miscellaneous water skills that will make him an advanced all-around swimmer. The new strokes introduced in this course are variations of the three basic strokes previously taught. Some mass drills will be helpful but a great deal of time in each session will be alloted to individual practice and individual instruction as they are needed. The emphasis will be on perfecting skills and the various styles of swimming. It is strongly recommended that this course be taught by a certified Red Cross or YMCA Water Safety Instructor. NOTE: students who pass this course will not be eligible for Red Cross certification as Advanced Swimmer until they successfully complete a Red Cross Lifesaving Course.

B. Methods

Physical Education classes will be taught advanced swimming by the use of one or more of the following methods:

Demonstration, explanation, skill practice, discussion, visual aids, stationary and free floating devices, periodic tests, final performance exam.

C. Areas of Concentration

1. Basic Strokes and variations
2. Floating and Survival Skills
3. Surface Diving and Underwater swimming
4. Diving

III. COURSE OF STUDY BEHAVIORAL OBJECTIVE

A. Basic Skills Objective:

Junior High: 9.8415 (2) a,c,s,t
Senior High: 9.9420 (2) a,b,c,d

Students will perform the following skills according to the specifications listed in course content. As the student successfully completes each requirement, he will be checked off on the "Advanced

Swimmer Skill Sheet" (see VI). Checkoffs will take place periodically throughout the course until the student has satisfactorily completed all requirements listed below.

1. Elementary backstroke - 100 yards
2. Breast Stroke - 100 yards
3. Inverted Breast Stroke - 50 yards
4. Side Stroke - 100 yards
5. Overarm Side Stroke - 100 yards
6. Trudgen Crawl or Trudgen - 100 yards
7. Back Crawl - 100 yards
8. Crawl Stroke - 100 yards
9. Five (5) minutes floating
10. Survival Float Clothed - 10 minutes
11. Surface dive feet first and Underwater Swim - 10 yards
12. Walking Front Dive
13. 30 minute swim

B. Observed Skills Objective:

Junior High: 9.8416 (2) a,c,s,t
Senior High: 9.9420 (2) a,b,c,d

Having been taught, practiced, and demonstrated successful accomplishment in the first 12 skills listed above, students will perform the following in an observed routine which will be evaluated by teacher judgment.

Student jumps or dives into water and swims continuously for 30 minutes using one or more styles of swimming.

C. Safety Objectives:

Junior High: 9.8416 (2) a,c,s,t
Senior High: 9.9420 (2) a,b,c,d

1. Student will float motionless or with a minimum of movement in the face-up floating position for a minimum of 10 minutes.
2. Student will perform the survival float <u>fully</u> <u>clothed</u> for a minimum of 10 minutes.
3. Student will perform the feet-first surface dive in deep water.
4. Student will swim underwater for a minimum of 10 yards.

D. Social and Personal Attitudes

Junior High: 9.8416 (2) a,c,s,t
Senior High: 9.9420 (2) a,b,c,d

The teacher, through his knowledge, ability, sound teaching approach, and enthusiasm will set up a learning situation where a majority of the students will respond to, develop, and exhibit desirable behavior. Evaluation in the following will be a daily process and will be based upon the teacher's professional judgement. A check sheet may be used in recording the following:

1. Courtesy toward others
2. Willingness to participate

3. Willingness to assist others
4. Enthusiasm
5. Leadership

IV. COURSE CONTENT

A. Individual and Combined Skills

The skills that are listed for this course are quite comprehensive. The instructor will not compromise, and the student must master all the skills in a highly effective and coordinated manner. When a student has successfully passed all the following requirements, he will be an excellent all-around swimmer.

1. Elementary backstroke: student swims 100 yards using the elementary backstroke.
2. Breaststroke: student swims 100 yards using the breaststroke.
3. Inverted breaststroke: student swims 50 yards using the inverted breaststroke.
4. Sidestroke: student swims 100 yards using the sidestroke.
5. Overarm sidestroke: student swims 100 yards using the overarm sidestroke.
6. Trudgen: student swims 100 yards using the trudgen or trudgen crawl.
7. Back crawl: student swims 100 yards using the back crawl.
8. Crawl stroke: student swims 100 yards using the crawl stroke.
9. Five (5) minute float: student floats motionless or rests in floating position for 5 minutes continuously.
10. Survival Float Clothed: student performs survival float fully clothed for 10 minutes.
11. Surface dive feet first: student performs feet first surface dive to depth of 8 feet and then swims 10 yards underwater at or close to 8 foot depth.
12. Walking front dive: student performs the front dive, fully coordinated and in good form, from the springboard.
13. 30 minute swim: student swims continuously for 30 minutes, using one or more styles of swimming.

B. Safety and Courtesy

The following procedures will be used, discussed and practiced during the advanced swimming course.

1. Use the buddy system (never swim alone).
2. Have a lifeguard by the pool while instruction is going on.
3. Follow rules set up by the pool where you are swimming.
4. Stay out of water when overheated and immediately after eating.
5. Always swim a safe distance from diving board.
6. Dive only into known water of sufficient depth.
7. Stay out of water during electical storms.

V. LEARNING ACTIVITIES AND TEACHING PROCEDURES

A. Planning a Swimming Lesson

For the Advanced Swimmer course, a typical class session would be conducted much like in the swimmer course.

1. Warmup drill
2. Mass cross-pool or length of pool drill on arm and leg strokes, rhythmic breathing.
3. Demonstration and analysis of specific coordinations by the instructor.
4. Individual practice in various strokes in lanes, interspersed with instruction to students as it is needed.

B. Learning Activities Outline

The expanded outline below includes those activities which aid in the learning of the skills listed.

1. Basic strokes and variations

   a. Elementary backstroke (review, see Advanced Beginner course, V., B., 4.).
   b. Back crawl (review - see Swimmer Course, V., B., 4.).
   c. Breaststroke (review - see Intermediate course, V., B., 1. and V., B., 2.).
   d. Sidestroke (review - see Intermediate Course, V., B., 1. and V., B., 2.).
   e. Crawl stroke (review - see Advanced Beginner Course, V., B., 5.).

      Practice should result in ability to perform these strokes easily and efficiently over longer distances.

   f. Inverted breaststroke

      (1) Stress ease and relaxed movement in recovery of arms to extended position.
      (2) All movement done below surface of water.
      (3) Use drill terms: pull, kick, glide.
      (4) Support attached to body may help learners who do not float easily.

   g. Overarm sidestroke

      (1) Overarm sidestroke is same as sidestroke except for recovery of top arm.
      (2) Start learning process by having student do sidestroke.
      (3) After getting underway doing the sidestroke, student recovers top arm out of water.
      (4) Top arm enters water, fingers leading, slightly in front of head.

h. Trudgen stroke

(1) Can be learned easily as an additional progression of the overarm side stroke.
(2) After the inhalation and after the top arm has recovered, the body can rotate to the prone position; then the other arm pulls and then recovers out of the water.
(3) Kick is a short scissors kick or a widened crawl kick, which is timed with the inhalation. Legs trail during remainder of the stroke.

i. Trudgen crawl

(1) Similar to the Trudgen stroke in arm action, breathing, and coordination.
(2) As swimmer completes a short scissors kick or a widened crawl kick and rotates to prone position, he adds either 2 or 4 crawl beats instead of allowing legs to trail.

2. Floating and Survival Skills

a. Floating motionless or with minimum of movement.

(1) Majority of learners can find balanced floating position somewhere between the vertical and horizontal.
(2) Learner starts in vertical position in chin deep water. Gently arch back, lay head back, and extend arms. This will cause legs to lift to point of balance.
(3) To assist floating ability, students breath can be held for short periods, and exhalation and inhalation should be done quickly.
(4) Individuals with negative bouyancy may use minimum sustaining movement of arms and legs to maintain a balanced position.

b. Survival floating

(1) Review - see advanced Beginner Course V., B., 2.
(2) Practice with student fully clothed until he can rest easily in survival floating position for minimum of 10 minutes.

3. Surface Diving and Underwater Swimming

a. Feet first surface dive

(1) Good skill to use in murky water or when condition of water is unknown.
(2) Student in vertical position, kicks and presses down against water in order to raise body to position where body is chest high out of water. As body sinks below surface, arms press upward against water to continue body's downward momentum.

b. Underwater swimming

(1) At desired depth, student levels off and swims underwater.
(2) Exhaling through nose will prevent water entering nasal passages.

4. Diving (coordinated walking front dive)

(1) Stress smooth walking approach, hurdle, lift, and entry.
(2) Approach, arm action, hurdle, and lift, can be practiced with jump on board, deck, or trampoline.
(3) Lift and height achieved can be improved by jumping or diving over a pole held at increasing heights.

C. Organizing the Class for Skill Development

1. Principles of class organization

The instructor should always arrange class so that:

a. The safety of students is insured.
b. All can hear instructions
c. All can see demonstrations
d. All will have an opportunity for maximum practice.
e. All will have an opportunity to be checked for skill development.

2. Patterns of class organization

a. Arranging class for <u>discussion on land</u>

(1) Semi-circle formation
(2) Important factors:

(a) Sun should be behind students
(b) Group should face away from distracting influences

b. Arranging class for <u>demonstration in water</u>

(1) "L" formation at corner of pool
(2) Important factors:

(a) Demonstrator should work in "pocket" directly in front of students.
(b) Students should be close to instructor and high enough to look down on him.
(c) For large class, place students in 3 rows. Front row sits, 2nd row kneels, 3rd row stands facing pool.

c. Arranging class for <u>practice in static formation</u>

(1) Single line, parallel lines, multiple lines, circle, semi-circle and "V" formations

(2) Used either on land or in water
(3) Important factors:

(a) Students far enough apart so as not to interfere with each other.
(b) Students should face away from distracting influences.
(c) parallel lines especially effective when students work together as buddies.
(d) Instructor must be seen by all students and vice versa.
(e) Instructor cannot see all students at same time when circle formation is used.

d. Arranging class for practice in fluid (moving) formation

(1) Wave, stagger and circle formations
(2) Important factors:

(a) In Wave formation, group is divided into two smaller groups known as group #1 and group #2.
(b) In Wave formation each group swims as a unit
(c) In stagger formation group remains in a single line
(d) In stagger formation, instructor should be able to follow progress of each student for a few body lengths before next student starts.
(e) In circle formation group moves in one direction only.
(f) In circle formation instructor remains outside of circle and at a location higher than the group.

NOTE: For a more detailed description of methods of organizing a class refer to Red Cross Swimming and Water Safety Courses - Instructor's Manual, Section 4.

D. "Station" or "Assembly Line" Method of Teaching Large Classes

Refer to BEGINNING SWIMMING, V. D. for a breakdown on the "Assembly Line" method of teaching large classes. The outline described can be modified to suit the instructor's needs and the availability of qualified station leaders.

E. Films

1. Films available from Dade County Audiovisual Center, Lindsey Hopkins.

a. Breath of Life. Pyramid, 20 minutes, Color. 1-13376
b. New Magic of Swimming, The. Sterling, 20 minutes, B & W. 1-11779
c. Safety at the Beach. Alturas, 10 minutes, Color. 1-03359
d. Swimming Stroke Analysis. 25 minutes, B & W.
e. Springboard Techniques. Coronet, 10 minutes, Color. 1-04487

F. Films (continued)

2. Films available from local chapter American Red Cross, 5020 Biscayne Boulevard. Phone 751-6661 (Office of Safety Programs).

a. Breath of Life. Pyramid, 20 minutes, Color.
b. From Where I Sit. American National Red Cross, 1970, 20 minutes.
c. Midsummer's Nightmare. American National Red Cross, 16 minutes.

F. Texts

The following texts were invaluable in the preparation of this course and are highly recommended for use by instructors.

1. American National Red Cross. Swimming and Water Safety Courses - Instructor's Manual. Washington, D.C. 20006: 1968 or later. Free to certified Red Cross Water Instructors.

2. American National Red Cross. Swimming and Water Safety (textbook). Washington, D.C. 20006: 1968 or later.

G. In-Service Course for Instructors

It is strongly recommended that a continuing program of training and re-training be set up for personnel working in aquatics. It is further recommended that all persons entrusted to teach any phase of swimming be required to hold a valid Red Cross Water Safety Instructor's certificate. The following training is provided free several times each year by the local chapter American Red Cross:

1. Water Safety Instructor course. (Approx. 40 hours. Prerequisite: Sr. Life Saving Certificate)

2. Instructor of Beginner Swimming course. (Approx. 20 hours. Prerequisite: Sr. Life Saving Certificate.)

3. Instructor Review. (Approx. 12 hours. Prerequisite: recently expired Water Safety Instructor's Certificate.)

The Red Cross will schedule special courses for school board personnel if desired.

VI. EVALUATION

The skill sheet and record sheets are an efficient method of checking-off satisfactory performance in the Advanced Swimming course.

1. Advanced Swimming Skill Sheet
2. Station Record
3. Master Record

ADVANCED SWIMMER SKILL SHEET

INSTRUCTOR: _____

Use check ( ) For Satisfactory Performance in Each Skill	Elem. Backstroke 100 yards	Breast stroke 100 yards	Inverted Breast stroke 50 yds.	Sidestroke 100 yards	Overarm Side-stroke 100 yds.	Trudgen Crawl or Trudgen 100 yds.	Back Crawl 100 yards	Crawl stroke 100 yards	5 minute Float	Survival Float Clothed 10 min.	Surface dive, feet first, under water swim/10 yds	Walking Front Dive	30 minute [illegible]	
NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	Final Grade
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														
11.														
12.														
13.														
14.														
15.														
16.														
17.														
18														
19.														
20.														

STATION RECORD

STATION: _____ DATE: _____

CLASS: _____ INSTRUCTOR: _____

NAME	NAME
1.	9.
2.	10.
3.	11.
4.	12.
5.	13.
6.	14.
7.	15.
8.	16.

To be used for names of students at individual stations at end of period. One of these forms is to be used at each station.

MASTER RECORD

CLASS: _____ NUMBER IN CLASS: _____

LESSON NUMBER	1	2	3	4	5	6	7	8	Final Station
NAME DATE									

To be used to record progress made by students throughout the course. The information is taken from the STATION RECORD.

BIBLIOGRAPHY

1. American Association for Health, Physical Education and Recreation. Aquatic Guide. Washington, D.C. 20036, 1969.

2. American National Red Cross. Swimming and Water Safety Courses - Instructor Manual. Washington, D.C. 20006, 1968.

3. American National Red Cross. Swimming and Water Safety (textbook). Washington, D.C. 20006, 1968.

4. Brown, Richard L. Teaching Progressions for the Swimming Instructor, 2nd Printing. Silver Spring, Maryland: Richard L. Brown Publishers, 1953.

5. Vickers, Betty J. and Vincent, William J. Swimming. Dubuque, Iowa: William C. Brown, 1966.

Pamphlet:

The Fred Lanoue Method of Drownproofing, Ed Smyke, Director of Aquatics, Emory University, Atlanta, Georgia.